

# Claims

- [c1] A handle for a lacrosse stick and mounting a lacrosse head thereon, comprising:
  - a hollow tube for attachment to the lacrosse head, said hollow tube having an outer surface and an inner surface; and;
  - a reinforcing insert coupled to said inner surface for strengthening said hollow tube.
- [c2] The handle of claim 1 wherein said reinforcing insert is coupled to said inner surface and extends substantially across a length of said hollow tube.
- [c3] The handle of claim 1 wherein said reinforcing insert is coupled to said insert and extends substantially around a lateral periphery of said hollow tube.
- [c4] The handle of claim 1 wherein said reinforcing insert is coupled to a top end portion of said hollow tube.
- [c5] The handle of claim 1 wherein said reinforcing insert is coupled to an intermediate portion of said hollow tube.
- [c6] The handle of claim 1 wherein said reinforcing insert is coupled to a bottom end portion of said hollow tube.

- [c7] The handle of claim 1 wherein said reinforcing insert is comprised of a substantially rigid non-deformable material.
- [c8] The handle of claim 7 wherein said substantially rigid non-deformable material is a composite material.
- [c9] The handle of claim 1 wherein said inner surface defines a cavity substantially filled by said reinforcing insert.
- [c10] The handle of claim 1 wherein said reinforcing insert defines a cavity.
- [c11] A handle for a lacrosse stick and mounting a lacrosse head thereon, comprising:
  - a hollow tube for attachment to the lacrosse head, said hollow tube having an outer surface and an inner surface; and;
  - a reinforcing insert coupled to said inner surface for strengthening said hollow tube, said reinforcing insert being comprised of a deformable material for absorbing vibrations in said hollow tube.
- [c12] The handle of claim 11 wherein said deformable material is at least one of a foam material and a semi-fluid filled membrane.
- [c13] The handle of claim 11 wherein said reinforcing insert is

coupled to said inner surface and extends substantially across a length of said hollow tube.

[c14] The handle of claim 11 wherein said reinforcing insert is coupled to said insert and extends substantially around a lateral periphery of said hollow tube.

[c15] The handle of claim 11 wherein said reinforcing insert is coupled to a top end portion of said hollow tube.

[c16] The handle of claim 11 wherein said reinforcing insert is coupled to an intermediate portion of said hollow tube.

[c17] The handle of claim 11 wherein said reinforcing insert is coupled to a bottom end portion of said hollow tube.

[c18] A method for manufacturing the lacrosse handle recited in claim 1, comprising:  
coupling a reinforcing insert to an inner surface of the lacrosse handle.

[c19] The method of claim 18 further comprising:  
curing a composite material formed for coupling to said inner surface.

[c20] The method of claim 18 further comprising:  
injecting a foam material into a cavity defined by said inner surface.